

Vasectomy Post-operative Instructions

- 1) Leave dressing in place for 24 hours.
 - a. If using washroom just simply replace your dressing after you are finished.
- 2) You are able to shower after 24 hours.
 - a. Let the water run down and do not aggressive clean or scrub your wound
 - b. ****Do not use a bathtub, hot tub or swimming pool until your wound is fully healed****
- 3) Stay off your feet as much as possible for the first 2 days
 - a. Apply Ice pack over top of your underwear frequently. You may do this up to 15 minutes every hour. This will also decrease your risk of bleeding or hematoma and improve any pain you may have.
- 4) For days **3-7** you may be on your feet throughout the day, but do not lift anything heavy or do any activity that makes you strain.
 - a. If you strain or do too much you still can cause a hematoma at this stage.
- 5) Days **7 and onwards** you may do any activity as tolerated. You may also resume ****sex**** at this point. → *(That got your attention!)*
 - a. It is normal that the first few ejaculations may have a bloody appearance, this will resolve on it's own and is not harmful or dangerous.
- 6) You are not deemed sterile until I receive a negative semen analysis. You must do a semen sample at least 12 weeks after your vasectomy, and you must have had at least 20 ejaculations prior to this point.
 - a. Your sample must be dropped off at the lab at Drayton Valley hospital 8:30am to 2pm
 - i. It must be collected by masturbation.
 - ii. It must not have lubricant or saliva in it.
 - iii. Make sure you have not ejaculated for 3 days prior.
 - iv. Collect the entire ejaculate in the cup provided.
 - v. Take the sample to the lab within 1 hour of collection.
 - vi. Keep the sample in you inner jacket pocket to keep any possible sperm alive for analysis (there should not be motile sperm).
 - b. You will receive a call from my nurse following my receipt of your sample analysis and instructions as to whether stop using contraception or to repeat a semen analysis at a later date.

Your earliest date for semen analysis is:

- 7) If at any point you are:
- a. Feeling more pain than expected,
 - b. Having redness around your surgical site
 - c. Have pus from the surgical site
 - d. Developing a fever (>38.5 Celsius)

Call the Claro Clinic at 780-621-0202, and advise the receptionist that you had a recent vasectomy and may have a complication. They will either fit you in to see me that same day or I will provide advice for you as to what to do.

If it is after 5:30 pm weekdays or on a weekend or STAT holiday and you have urgent concerns, please go to your nearest emergency department